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In 344 Housekeepers' Chat

Monday, February 24, 1930

NOT FOR PUBLICATION

Subject: "Hot Soup for a Cold Day." Menu and recipes from Bureau of Home Economics, U. S. D. A.

Leaflet available: "Eggs at Any Meal."

Isn't it hard to plan meals this month? If February could just settle down and make up her mind whether she's a winter month or a spring month, it wouldn't be so bad. But what does she do? One day a snow storm, the next day a balmy breeze from the south. Such fickle behavior is very trying, especially to conscientious housewives who want to serve good meals. I feel that something ought to be done about February--no wonder she was allowed only 28 days. And by the way, we have only four more days to put up with her contrariness.

Now what would you like to have for lunch tomorrow, when the children come home from school? If it's a cold day, and it probably will be, I think they would appreciate a good hot soup, something which sticks to the ribs. There isn't much variety in foods on the market right now, and sometimes we must rack our brains to prepare meals for lagging appetites. In a steaming bowl of soup, of Onion Soup au Gratin, is almost sure to please every member of the family. A hot soup, served with bread and butter, toast on crackers, or sandwiches, and a good dessert makes a very tasty meal.

Our luncheon menu includes Onion Soup au Gratin; Chopped Ham and Pickle Sandwiches; Canned Plums; and Ginger Cookies.

This is an extra special recipe for the Onion Soup -- I don't want you to confuse it with a common ordinary onion soup -- this is Onion Soup au Gratin. Ten ingredients, for Onion Soup au Gratin:

6 medium-sized onions, chopped fine	2 tablespoons cold water
2 tablespoons butter or other fat	Salt to taste
1 pint boiling water	Pepper
1 quart meat broth	Toast, and
4 tablespoons flour	Cheese, finely grated

Ten ingredients, for Onion Soup au Gratin: (Repeat).

Cook the chopped onions, in the fat, until yellow. Add them to the hot water, and simmer for 20 minutes, or until tender. Add the meat broth, and thicken with the flour and water, which have been well blended. Add the salt and pepper, and cook for a few minutes. Pour the soup into bowls or soup plates, place on top of each a slice of toasted bread, sprinkle the

cheese over the bread and soup, and serve at once.

The Chopped Ham and Pickle Sandwiches need no explanation.

I suppose that all of you have a good recipe for Ginger Cookies, but if you'd like to have it, I'll give you mine, to add to your collection. This recipe is not in the Radio Cookbook. Seven ingredients, for Ginger-snaps:

1 cup molasses	1 to 2 tablespoons ginger
1/2 cup fat	1-1/2 teaspoon salt, and
3-1/4 cups flour	1/2 teaspoon soda.
2 tablespoons sugar	

Seven ingredients. Better check them, while I repeat the list: (Repeat).

Heat the molasses to the boiling point. Add the fat. Remove from the fire. Stir until the fat is melted. Sift the dry ingredients, and mix them with the molasses and fat. Chill the dough, thoroughly. Then roll it out very thin, and cut into cookies. If the dough is thoroughly chilled, it is not necessary to flour the board. Bake the cookies in a slow oven, and remove them from the pan, before they cool. Store them in a tin box, when cool, so they'll keep crisp.

And that's that -- a good-tasting menu, for a cold day in February: Onion Soup au Gratin; Chopped Ham and Pickle Sandwiches; Canned Plums; and Ginger-snaps.

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Here's a question, from a housewife who wants me to suggest a few simple fruit desserts and salads. I imagine she too is trying to achieve variety in her February meals.

As a simple dessert, I suggest a Fruit Cup -- which may be any appetizing combination of fruits, fresh, canned, or dried. A Fruit Cup may be served as a first course, to arouse a jaded appetite, or as a dessert.

One of the best Fruit Cup combinations I know is the old reliable orange-banana-pineapple combination, with a red cherry garnish. Of course the citrus fruits should be free from all membrane, before they are used in a Fruit Cup. Another good combination is oranges, apple, and grapefruit.

You asked me to suggest a few simple fruit salads. One of the best is made of oranges and grapefruit, served on lettuce, with French dressing. Another includes oranges, diced apple, chopped walnuts, finely cut celery, and a salad dressing. One more suggestion: oranges, seedless raisins, a few walnut meats, and mayonnaise, served on lettuce. Let the raisins soak in cold water, while you peel the oranges and cut them up. Then drain the raisins, and let them dry before you mix them with the nuts.

Don't forget about dried fruits, in your February menus. They are especially nice for breakfast, stewed.

Apricots and Prunes can be used in a variety of appetizing ways. If you ...

want a "spread," there's Apricot and Pineapple Jam. There's a recipe for Prune Jam, too, in the Radio Cookbook.

And have you tried a Fruit Whip lately? They are very nice. Fruit Whips may be made of any fruit pulp of pronounced flavor and color. Heat the fruit pulp, to dissolve the added sugar, and combine, while hot, with stiffly beaten egg whites. After the fruit pulp has been combined with the egg whites and sugar, the mixture may be baked. Or, fruit whips may be served as soon as mixed, without cooking. Whipped cream is a delicious addition to cold fruit whips.

I wish you'd send for a copy of Leaflet No. 39, "Eggs at Any Meal." In this leaflet there are recipes for Apricot Whip and for Prune Whip. On the last page of the egg leaflet there are recipes for Mayonnaise Dressing, Cooked Dressing for Meat and Vegetable Salads, and Cooked Dressing for Fruit Salad. It's mighty nice sometimes to know just where you can find a good reliable salad dressing recipe.

Tuesday: "The Story of a Whole-Family Home."

